

about the same time rode over to Longwood to see what act vance had been made in the preparations for their reception. His report on his return was not very favorable. They had now been six weeks at the Briars, during which Napoleon had been nearly as much confined as if on board the vessel. His health began to be impaired by it. Las Cases gave it as his opinion that the Emperor did not possess that constitution of iron which was usually ascribed to him, and that it was the strength of his mind, not of his body, that carried him through the labors of the field and of the cabinet. In speaking on this subject Napoleon himself observed that nature had endowed him with two peculiarities : one was the power of sleeping at any hour or in any place;¹ the other, his being incapable of

¹ Napoleon had the happy power, indispensable to a man bearing the enormous strain of his vast and centralized empire, of commanding sleep at will. He was believed to sleep but little: this was a mistake. At times of great excitement he became, as Bourrienne says, p. 280 of the first volume of this work, almost insensible to bodily wants; but ordinarily, if tired, he would snatch a few minutes' sleep in the intervals of a conversation or between any occurrences. No fears for the future, however hazardous his position, interfered with this power. Thus on the night before his *coup d'état* of the 18th Brumaire he loaded two pistols and put them by his bedside, telling the surprised Josephine something might happen in the night. After this he lay down and slept soundly till daylight (*Reimtsat*, tome i. p. 149). On the night before Austerlitz, after sending off Savary to ascertain the cause of a night alarm, he fell asleep so heavily that Savary on his return had to shake him to get him to receive the report. Napoleon then mounted and rode along his line, and again returned, to sleep till daybreak, though[^]unquiet

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case rouse me yourself, for they"—pointing to the officers round him—"will not dare to disturb my repose" (*Thiers*, tome xx. pp. 190 and li4). For Napoleon's own remarks on his sleeping, even during a battle, see the *Mémoires*, tome ii. p. 364, for 21st to 22d March, 1816. Josephine made Napoleon retain the habit of sleeping with her for long after he was Consul by assuring him that she slept so lightly that he could trust to her arousing him if any attempt were made on him (*Renmsatt* tome i. p. 207). His habit of sometimes falling asleep at a pause in a conversation was often trying to his Ministers. During the 1807 campaign, when Talleyrand, much to his own disgust, was with the army, he was one night called to speak to Napoleon, who was in bed. Finding that Napoleon kept dozing off, but awaking and again beginning to talk each time Talleyrand touched the door-handle, the poor Minister, in despair of escaping, had to resort to the plan of passing the rest of the night in aïx arm-chair in the room. General Gourgaud, who was long with Napoleon, says, "Such was the special organization of this man, who was extraordinary in everything, that he could sleep an hour, be awakened to give an order, again go to sleep, and be again awakened, without either his repose or his health suffering. Six hours of sleep sufficed for him, whether he took them at a stretch, or whether he slept at intervals during the twenty-four hours" (*Examen critique de l'ouvrage de Comte de Segur*, p. 125, and *Ménéval*, tome i. p. 380). But this is to be taken as chiefly applying